DECEMBER

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Breakfast

NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
December 3, 2018	**December 4, 2018**	**December 5, 2018**	**December 6, 2018**	**December 7, 2018**
STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple Juice Choice of Milk	EGG & CHEESE BAGEL ^ Pineapple Tidbits Orange-Tangerine Juice Choice of Milk	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Fruit Choice of Milk	WAFFLES ^ Fresh Fruit Fruit Punch Juice Syrup Choice of Milk	
December 10, 2018	**December 11, 2018**	**December 12, 2018**	**December 13, 2018**	**December 14, 2018**
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange-Tangerine Juice Choice of Milk	FRENCH TOAST STICKS ^ Applesauce Cup Grape Juice Syrup Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk	SCRAMBLED EGGS ENGLISH MUFFIN ^ Fresh Fruit Fruit Punch Juice Choice of Milk	
December 17, 2018	**December 18, 2018**	**December 19, 2018**	**December 20, 2018**	**December 21, 2018**
CINNAMON TOAST CRUNCH ^ Maple Breakfast Square ^ Craisins Apple Juice Choice of Milk	CHICKEN BISCUIT ^ Orange-Tangerine Juice Diced Peaches Honey Choice of Milk	String Cheese Banana Muffin ^ Fresh Fruit Choice of Milk	Grape Juice Syrup Choice of Milk PANCAKES ^ Fresh Fruit	
December 24, 2018	**December 25, 2018**	**December 26, 2018**	**December 27, 2018**	**December 28, 2018**
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 31, 2018	**January 1, 2019**	**January 2, 2019**	**January 3, 2019**	**January 4, 2019**
HOLIDAY BREAK				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

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DECEMBER

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Lunch

NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 3, 2018	**December 4, 2018**	**December 5, 2018**	**December 6, 2018**	**December 7, 2018**
MAC & CHEESE ^ Diced Carrots PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Diced Pears Orange-Tangerine Juice Chocolate Cookie ^ Choice of Milk	SLOPPY JOE Wrapped Hamburger Bun ^ CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Ketchup Mixed Vegetables Fruit Punch Juice Applesauce Cup Cheddar Sun Chips ^ Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup CHARBROILED HAMBURGER Mustard Ketchup Wrapped Hamburger Bun ^ Baby Carrots Light Ranch Dressing Corn Fresh Fruit Diced Peaches Choice of Milk	POPCORN CHICKEN ^ BBQ Sauce HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup (2) Maple Baked Beans SunSet Sip Juice Fresh Fruit Vanilla Cookie ^ Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Wrapped Sliced Bread ^ CRISPY CHICKEN PATTY ^ BBQ Sauce Wrapped Hamburger Bun ^ Mashed Potatoes Fresh Chopped Romaine (IW) Light Ranch Dressing Fresh Fruit Mixed Fruit Cup Choice of Milk
December 10, 2018	**December 11, 2018**	**December 12, 2018**	**December 13, 2018**	**December 14, 2018**
CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce French Fries Grape Juice Pineapple Tidbits Ketchup Choice of Milk	CHEESE PIZZA ^ CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Ketchup Mixed Vegetables Diced Peaches Fruit Punch Juice Pretzel ^ Choice of Milk	BBQ CHICKEN CHARBROILED HAMBURGER Mustard Ketchup Baby Carrots Wrapped Hamburger Bun ^ Green Beans Fresh Celery Sticks (IW) Light Ranch Dressing Mixed Fruit Cup Orange-Tangerine Juice Choice of Milk	HOLIDAY MEAL** CHICKEN ALFREDO PASTA ^ HOT DOG WITH POTATO ROUNDS Mustard Ketchup (2) Wrapped Hot Dog Bun ^ Fresh Chopped Romaine (IW) Light Ranch Dressing SunSet Sip Juice Fresh Fruit Chocolate Cookie ^ Choice of Milk	BAGEL DOG ^ Ketchup Mustard SPICY CHICKEN FILLET ^ BBQ Sauce Wrapped Hamburger Bun ^ Maple Baked Beans Corn Fresh Fruit Diced Pears Choice of Milk
December 17, 2018	**December 18, 2018**	**December 19, 2018**	**December 20, 2018**	**December 21, 2018**
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Orange-Tangerine Juice Pineapple Tidbits Choice of Milk	Choice of Milk CHICKEN TACO IW Soft Tortilla ^ CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Ketchup Corn Applesauce Cup Fruit Punch Juice Raspberry Cookies ^	PEPPERONI PIZZA ^ CHARBROILED HAMBURGER Mustard Ketchup Wrapped Hamburger Bun ^ Fresh Chopped Romaine (IW) Light Ranch Dressing SunSet Sip Juice Fresh Fruit Grape Juice Choice of Milk	CHICKEN NUGGETS WITH POTATO ROUNDS ^ BBQ Sauce Fresh Celery Sticks (IW) Light Ranch Dressing HOT DOG WITH POTATO ROUNDS Mustard Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Fruit Ketchup (2) Multi Grain Sun Chips ^ Choice of Milk	HOLIDAY BREAK
December 24, 2018	**December 25, 2018**	**December 26, 2018**	**December 27, 2018**	**December 28, 2018**
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 31, 2018	**January 1, 2019**	**January 2, 2019**	**January 3, 2019**	**January 4, 2019**
HOLIDAY BREAK				

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